



Horseradish and Caramelized Onion Pork Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce bread french halved lengthwise
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1.3 pounds onion vertically sliced
- ☐ 1 cup torn leaf lettuce leaves red
- ☐ 1 tablespoon red wine vinegar
- ☐ 8 ounces simply roasted pork thinly sliced
- ☐ 1.5 tablespoons sugar

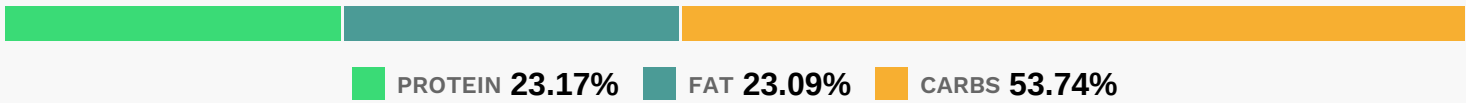
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and next 6 ingredients (through garlic) to pan; cook 30 minutes or until onions are golden, stirring occasionally.
- ☐ Remove from heat; let cool.
- ☐ Combine sour cream, mayonnaise, and horseradish; spread evenly over cut side of top half of bread. Arrange lettuce over bottom half of bread. Arrange onions and Simply Roasted Pork over lettuce. Top with top half of bread.
- ☐ Cut stuffed loaf into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:79.9, Glycemic Load:29.02, Inflammation Score:-10, Nutrition Score:26.508695617966%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg, Isorhamnetin: 7.1mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 33.3mg, Quercetin: 33.3mg, Quercetin: 33.3mg, Quercetin: 33.3mg

Nutrients (% of daily need)

Calories: 374.27kcal (18.71%), Fat: 9.71g (14.95%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 46.41g (16.88%), Sugar: 14.01g (15.56%), Cholesterol: 38.94mg (12.98%), Sodium: 612.92mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Vitamin A: 4508.68IU (90.17%), Vitamin K: 89.79µg (85.51%), Vitamin B1: 0.77mg (51.01%), Selenium: 34.26µg (48.94%), Vitamin B6: 0.75mg (37.52%), Manganese: 0.66mg (33.15%), Vitamin B3: 6.43mg (32.17%), Folate: 123.14µg (30.78%), Vitamin B2: 0.46mg (26.77%), Phosphorus: 261.2mg (26.12%), Iron: 3.77mg (20.95%), Potassium: 646.05mg (18.46%), Vitamin C: 15mg (18.18%), Fiber: 4.46g (17.84%), Magnesium: 60.09mg (15.02%), Zinc: 2.1mg (13.98%), Copper: 0.21mg (10.28%), Calcium: 101.76mg (10.18%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.31µg (5.24%), Vitamin D: 0.24µg (1.59%)